

# BAR HILL NEWS

September 2016; Issue 574

## A14 CAMBRIDGE TO HUNTINGDON IMPROVEMENT SCHEME — PUBLIC INFORMATION EXHIBITION —

Saturday 1st October, 10am–4pm

Bar Hill Village Hall

Find out more about this major scheme, part of Highways England's programme of improvements, which will start in early 2017 at a cost of £1.2–£1.8 billion.

**Project Forums:** by working in partnership with you, we can keep you informed about progress, listen to any concerns and take action to address them.

**Parish and Community forums** – aimed at local parish councillors, local residents and businesses. We aim to cover topics of particular interest to those communities.

**Environmental forums** – looking after the environment is an important part of our work and we will be maintaining close working relationships with environmental organisations. Updates on environmental work will also be shared in our other forums.

## BAR HILL CRICKET CLUB — 30th BIRTHDAY CELEBRATION —

Sunday 18th September from 3pm

All current and former players, club members and their families are invited to the Sports & Social Club for a reunion and the chance to swap 'war stories' over a drink. If anyone has old photos of the club, please bring them along. Free food will be provided. Many thanks to the Sports & Social Club for their support of this event.

## — 1st BAR HILL SCOUT GROUP —

We are holding a  
**JUMBLE SALE**  
at the Village Hall

on Saturday 24th September from 12–2pm

20p Entrance

Clothes, Toys, Books, Bric-à-brac, Cakes & Refreshments!

To donate please call 07720 841383, drop off at the scout hut during the week or from 9am on the morning. Thank you for your support.

## SING IT OUT

### — COMMUNITY CHOIR —

restarts Monday 5th September  
from 7.30–8.30pm in the Octagon.

If you enjoy singing popular songs/musicals then you will be very welcome to join us.

If you need more info please e-mail Mel Stamp  
at [singitout@virginmedia.com](mailto:singitout@virginmedia.com).

### — PAMPER EVENING —

Friday 9th September from 6.45pm

Facials, relaxing massage, deep tissue massage,  
Thai massage, gelation nails



along with stalls, Body Shop, jewellery, Avon,  
scented candles, cupcakes and refreshments.

Tickets £6.00 including arrival drink.

We are taking bookings for treatments. Contact  
Vanessa Pond 07782 110247 or [Vanessa.mk@live.co.uk](mailto:Vanessa.mk@live.co.uk).



### — MOTOWN NIGHT —

Friday 16th September from 7.30pm

Join us at Over Community Centre  
for a night of Soul, Motown and  
R&B from a fantastic five-piece  
band!

Fancy Dress optional • Raffle

Tickets: £10 each by phoning 01954 231807

The Over Day Centre, 1 Drings Close,  
Over • CB24 5NZ

Registered Charity No: 800829



### — LET'S GET QUIZZICAL — AGAIN!

Friday 7th October at 7.30pm at

Over Day Centre



More quiz thrills before the winter chills: it's time for  
another fundraising Quiz Night at the Over Day Centre!  
Enjoy a brain teasing evening of fun. Bring your own  
team of six, or just come along!

Tea, coffee and home-made cakes will be on sale.

Tickets are £5.00 per person, from the  
Over Day Centre, 1 Drings Close, Over, CB24 5NZ  
Tel. 01954 231807

Registered Charity No: 800829



Deadline for October's edition: 15th September to [bhneditor@yahoo.com](mailto:bhneditor@yahoo.com), or see page 2 or other contacts.

# — BAR HILL RESIDENTS' ASSOCIATION —

## 2016-17 COMMITTEE:

|                    |                |                                                                                    |                  |
|--------------------|----------------|------------------------------------------------------------------------------------|------------------|
| Chair:             | Roger Hall     | 01954 780304                                                                       | 11 Almond Grove  |
| Vice-Chair:        | Paul Goodfield | 01954 200228                                                                       | 15 Little Meadow |
| Secretary:         | Anil Pallan    | 01954 782736                                                                       | 72 The Spinney   |
| Treasurer:         | Martin Avery   | 01954 781233                                                                       | 34 Acorn Avenue  |
| Website:           | Mike Nelson    | 01954 780772                                                                       | 6 Field View     |
| Committee Members: | Jo Hall        | 01954 780304                                                                       | 11 Almond Grove  |
|                    | Hilary Whipp   | <a href="mailto:hilary@whipp6.orangehome.co.uk">hilary@whipp6.orangehome.co.uk</a> |                  |

## BAR HILL NEWS:

|                           |              |                                                              |                 |
|---------------------------|--------------|--------------------------------------------------------------|-----------------|
| Editor:                   | Jan Cundy    | <a href="mailto:jan_cundy@yahoo.com">jan_cundy@yahoo.com</a> | 1 Hanover Close |
| Advertising Coordinator:  | Bunty Waters | 01954 201421                                                 | 77 Foxhollow    |
| Distribution Coordinator: | Martin Avery | 01954 781233                                                 | 34 Acorn Avenue |

The Objectives of the Association are to act as an intermediary between Residents and other parties, to keep residents informed of matters of importance and recreation in and around the Village, and to promote the interests of Bar Hill. Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published, but names and addresses may be withheld. However, these may be made available should a written request be received. This is a private publication and may not be reproduced in any way without the prior permission of the Bar Hill Residents' Association Committee.

## ADVERTISING

All matters relating to advertising should be addressed to the Advertising Coordinator [bunty.waters@ntlworld.com](mailto:bunty.waters@ntlworld.com). Quarter-page adverts cost £16.50 per month and must be submitted by the 1st of the month prior to inclusion. These ads are for local businesses and we guarantee publication, but this often results in a waiting list. To help overcome this, we publish Maxi and Mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space. Maxi ads (6cmx4½cm-9cmx6cm) are £8.50 per month; Mini ads (6cmx2cm-6cmx4cm) are £5 per month, and should be submitted by 15th of the month prior to their inclusion.

## EDITORIAL

There is no charge for Articles, What's On, For Sale and Lost and Found, and these appear at the Editor's discretion. Please submit items by 15th of the month. All telephone numbers without an area code are Crafts Hill (01954). All items can be submitted electronically on disc or to [bhneditor@yahoo.com](mailto:bhneditor@yahoo.com) [a Word file is best, please] or hard copy via Parish Council Office.

## — THE MAPLE SURGERY —

Tel: 01954 780442; [www.mhmaple.co.uk](http://www.mhmaple.co.uk)

### Surgery Opening times:

|                             |                  |
|-----------------------------|------------------|
| Monday, Wednesday, Thursday | 7.00am* - 6.30pm |
| Tuesday, Friday             | 8.30am - 6.30pm  |

(\* appointments available from 7.30am)

On the day appointments: bookable by phone at 8.30am for the mornings and at 1.30pm for afternoons.

|                 |               |                |
|-----------------|---------------|----------------|
| Midwife         | Thursday      | 2.00-4.00pm    |
| Physiotherapist | Tuesday       | 1.00-4.30pm    |
| Podiatrist      | Wed. & Friday | 8.45am-12 noon |
|                 | and           | 1.00-4.00pm    |

Orthoptist 2nd Tues/month 9.00am-12.30pm

Cambs Hearing Help 4th Tues/month 9.30-11.30am

Out of Hours Emergencies call 111

(Cambridgeshire and Peterborough 111 Service)

Health Visitors: (based at Longstanton): 01954 207612

Well Child Clinics: 3rd Tues/month 1.00-2.30pm

at the Children's Centre, Bar Hill (next to Primary School).

## — BAR HILL HEALTH WALKS —

Free every Wednesday morning

Meet at Maple Surgery at 10:30am

Our walks are all weather (in case of rain you will find us under the church porch), free, and accessible to all, particularly those who are currently inactive.

Walks are 45-60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Patricia or Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short Health Questionnaire. Copies are available on the PPG noticeboard in Maple surgery, and at [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

Contact: Patricia Daniels T: 07917 874402;  
E: [danielsoohn@btinternet.com](mailto:danielsoohn@btinternet.com) or Josephine Powell  
T: 07901 558108; E: [jopowell45@hotmail.com](mailto:jopowell45@hotmail.com)

## USEFUL TELEPHONE NUMBERS

There is now a more comprehensive list of useful telephone numbers on page 29, next to the crossword. If you can think of other numbers that should be added, please let me know.

## HAVING PROBLEMS WITH COMPUTERS OR NEW TECHNOLOGY?

The solution is to *Learn IT* with Laura. Professional and personal support and training in your home.

T: 07889 261282; E: [info@learnitwithlaura.co.uk](mailto:info@learnitwithlaura.co.uk)

W: [www.learnitwithlaura.co.uk](http://www.learnitwithlaura.co.uk)

**— NWR —**  
**CONNECTING WOMEN WHO ARE**  
**INTERESTED IN EVERYTHING AND TALK**  
**ABOUT ANYTHING**



NWR is a national women's organisation with members who enjoy lively conversations both serious and light hearted. It is for women, of all ages, who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us. Come along to one of our meetings – you'd be very welcome.

**1st Sept.** It's All Relative – relationships, personal, famous people. Precise research to be decided!

**15th Sept.** 1970's – give a short talk about aspects of the decade, special memories, music, fashion etc. + 1970's Quiz

**29th Sept.** History of China and Porcelain – focus on specific areas such as famous potteries, most valuable etc.

The Bar Hill NWR group meets informally, at 8pm in members' homes on alternate Thursday evenings. We pay an annual fee of £20.00 and just £1.00 per meeting to cover local costs. If you would like more information or someone to accompany you to a meeting, please don't hesitate to call Bobby Colver on 01954 781662 or Marie-The Last on 01954 780329.

NWR can also be found on [www.nwr.org.uk](http://www.nwr.org.uk)

**BAR HILL SCHOOL TERM-TIMES:**  
**— ACADEMIC YEAR 2016–2017 —**

This information can be found at  
<http://myschoolholidays.com> for Bar Hill School:

|                  | <i>first day of term</i>           | <i>last day of term</i>           |
|------------------|------------------------------------|-----------------------------------|
| Autumn term 2016 | Thurs. 1st Sept.<br>Mon. 31st Oct. | Fri. 21st Oct.<br>Tues. 20th Dec. |
| Spring term 2017 | Weds. 4th Jan.<br>Mon. 20th Feb.   | Fri. 10th Feb.<br>Fri. 31st Mar.  |
| Summer term 2017 | Tues. 18th Apr.<br>Mon. 5th June   | Fri. 26th Mar.<br>Fri. 21st July  |

**BAR HILL**  
**COMMUNITY**  
**MARKET**



**Saturdays:**  
**3rd September**  
**1st October**  
**5th November**  
**10.30am – 2pm**

In the Octagon CB23 8EH

— Entry is Free —

All profits go to community/charity projects.  
 Refreshments and BBQ (*weather permitting*)  
 If you wish to be part of the market please contact  
 Karen Austen on 01954 781085.  
 e-mail: [bar.hill.community.market@gmail.com](mailto:bar.hill.community.market@gmail.com)  
 Facebook: Bar Hill Community Market.



**— HAPPY HOURS —**



Our Club meets most Mondays in the Octagon building of Bar Hill Church and runs from 11am–3pm, with coffee, tea and light lunches. Our Summer lunch time menu consists of various salads (*cheese, salmon or a meat option*) or ploughman's lunch, at £2 each. Our aim is to provide friendship and companionship so why not come along and give us a try? You can have a good old natter, a game or two, or enjoy various other activities. We would welcome new members.

**2nd July:** Thanks to everyone who supported us at the fete by donating items for the tombola or buying tickets to try their luck. We raised £321. There were 3 competitions – a bottle of wine won by Mrs Doland, a jar of sweets won by Martin from Cambridge and a Teddy bear won by Korri.

**18th July:** Marie Curie Great Blooming Tea Party was a huge success raising £335.15 for this great cause.

**1st August:** Our variety show hopefully entertained! Thanks to all who took part.

*Coming up in September:*

5th: a talk entitled 'Tax Care and Toy Boys';

12th: decorate your own shopping bag;

19th: Quiz;

26th: Abba – the story and the music.

*Anne Plumb*, 01954 780364

**— HEALTH AND WELLBEING CLUB —**

Normally held on the second Tuesday of the month between 2–4pm in Tesco Community Room, the group focuses on all aspects of promoting and maintaining good health in every area.

We start with a chair based exercise activity followed by advice from one of Tesco's departments, such as opticians, Nutricentre. This can include samples of healthy food and demonstrations. This is a unique and friendly group and is an ideal place to meet new people.

We will be going out in September, so next meetings in Tesco: 11th October, 15th November and 13th December.

For further information, contact Wendy Arrowsmith on 01954 781381 or Sue Kenchington on 01954 780260.

**— FOR SALE —**

John Lewis quality leather sofas.  
 Two 3-seater and one 2-seater and matching footstool.

All one colour: Ivory.

All in very good condition.

Would consider selling separately.

Price is negotiable around £1,000.

Tel: 01954 789250

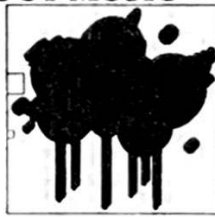
**ANDY PURVIS — MAD ABOUT MUSIC**

Specialising in rare CDs, LPs and music memorabilia. Collections bought and sold, good prices offered.

T: 07798 642861;

E: [andy.purvis9@btinternet.com](mailto:andy.purvis9@btinternet.com)

W: [facebook.com/madaboutmusic-stores](https://www.facebook.com/madaboutmusic-stores)  
[ebay.co.uk/cddirect](https://www.ebay.co.uk/cddirect)





## — LETTERS —

Dear Editor

Charity Football Match Friday 22nd July

Many residents will be aware of the shocking road accident involving two local footballers, Shaun Whiter and Joey Abbs, which resulted in Shaun having both legs amputated. A football match was held on the village green followed by a bbq, music and raffle in the Sports & Social Club.

The evening raised an incredible £1,250 towards the justgiving fund set up for Shaun and Joey.

I wish to offer my sincere thanks and gratitude at the overwhelming generosity shown by everyone who played, supported, donated and was involved in making the evening a fantastic community event.

Given the circumstances, and other awful events happening around the world, the evening was something everyone in the village can feel proud to be associated with and perhaps go a small way to restoring our faith in mankind.

Yours sincerely

Paul Prime, Chairman, Bar Hill FC

Dear Editor

I was just wondering if any other patient of the Bar Hill Maple Surgery has had issues with their online prescription service?

Over the last three months I have used the online service to get my repeat prescriptions. I have requested that this is sent over to the pharmacy at Tesco, and I have given them at least 5-6 days' notice before I have run out of my medicine.

On each of these occasions when I have been to pick my prescription up from Tesco, it is not available because it has either not been sent to them or they have no record of it being sent. They then ask me to check with the surgery if it has been sent as it is not their fault.

I then go back to the surgery and ask if it has been sent?? and they say yes it has been sent to Tesco pharmacy, and they should have it, it is their fault I have not got my medication??

Neither the pharmacy nor the surgery seems to be concerned that I had run out of my medicine, all they wanted to do was to blame each other on why the prescription had not been issued!

From now on I will use the green paper copy of my repeat prescription and do it myself.

It's funny how I can order my pants and socks from Next at 11.55pm on a Tuesday and they are available to pick up on Wednesday at 10am, yet when ordering my vital medication online it seems to go missing!

Best wishes

Bill Proudfoot, Watermead.

### BICYCLE REPAIRS & SERVICING

07914 655086

### — COMPUTER BUDDYING —

from 2-3pm on Tuesdays at Bar Hill Library.

Free help with computers and basic IT skills aimed at beginners over 50yrs. Booking required.

### MARIE CURIE

#### — BLOOMING GREAT TEA PARTY —



The Tea Party held on the 18th July was a great success and raised £335.15.

Thanks to everyone who donated cakes and items for the raffle. Special thanks to Joan Tanton for her wonderful scones.

Thanks to everyone who came along to enjoy the cream teas and cakes and support this great cause.

### — 8 O'CLOCK CLUB —

We are a women's group who meet on the first Thursday of the month in the lounge at the school. We have a variety of speakers as well as an annual garden party, birthday party and Christmas meal.

Our meetings for the following term are:-

1st September – Enrolment evening. Our charge is £10 for the year to cover the cost of the hiring the school and to pay for speakers, plus 50p per meeting to cover coffee and raffle. Please note for this month only, due to building work at the school, we will be meeting the Octagon at the church.

6th October – Ian Cooper – Living with a motor home.

3rd November – tba

1st December – Christmas meal.

If you would like further information please phone Barbara on 01954 204171, Adela on 01954 204265, Ann on 01954 204687, or come along to one of our meetings, we would be very pleased to meet you.

### — THE ROYAL BRITISH LEGION — BAR HILL BRANCH

The Royal British Legion Bar Hill meets on the 4th Thursday of each month in the Meeting room of the Octagon from 7.30pm.

We are a small friendly group of like-minded people. You don't have to have an Armed Forces background to join, just share a common cause of supporting our Service community, now and for the rest of their lives. Contact Wendy Arrowsmith, Branch Secretary, 01954 781381 for more information.

### BAR HILL BABY AND TODDLER GROUP



This is held on Wednesdays and Fridays from 9.45-11.15am at the Octagon. It is for families and carers with children aged 0-4 years, with a variety of toys and activities for toddlers and pre-schoolers, and a baby area with mats and age appropriate toys. Drinks and snacks are provided.

Prices: Under Ones – £1.00 (or FREE when paying for a sibling over one); Over Ones – £2.00.

Maximum charge per family/child-minder – £3.00. Visit our Facebook page for details of future events.



— BAR HILL PARISH COUNCIL —



Sue Bell, Parish Clerk: 01954 780456  
e-mail: [bhillpc-1@btconnect.com](mailto:bhillpc-1@btconnect.com)  
Please note that the office is open to Residents between 9am–11am Monday, Tuesday and Wednesday. Visit our website: [www.barhill.org.uk](http://www.barhill.org.uk) for updates on local matters.

Arrangements are being made for the Flood Advisory Service to come out with an exhibition vehicle, to be parked in the Tesco car park, so that residents from Bar Hill and surrounding villages have the opportunity to visit. This would be for two days, either week commencing 26th September or week commencing 17th October 2016. There will be a notice at the Parish Council office, or look out for the vehicle.

May we implore residents to please trim back foliage overhanging boundary fences, particularly if it encroaches on to a footpath? The Council is organising for a tree management survey to be carried out throughout the village which will take place in the next few weeks. Highways England will be at Bar Hill Village Hall on Saturday 1st October regarding A14 improvements – further details to follow.

Unfortunately a favourite piece of equipment in the play area at the village green was damaged and has been put out of action. A repair is in process. People are reminded to read the age-relevant signs near the pieces of equipment.

The next full Parish Council meeting will be held on Thursday 15th September at 7pm in the Parish Council Office. Members of the public and press are welcome. There is an Open Forum at the start of each meeting for residents to put their views across. Minutes of the previous month's meeting are on the village notice board. Items for the agenda must be placed with the Clerk at least seven days before the relevant Committee/Full Council meeting.

The Environment and Amenities Committee will meet on 7th September.

**Handy telephone numbers:**

Streetlights: 0800 253529 – give number of lamp post;  
Anglian Water (water supply and sewerage): 03457 145 145;  
South Cambs District Council: 03450 450500;  
County Council (damaged paths and roads): 01223 717111;  
Abandoned Tesco trolleys: Trolley Wise: 0800 3161241.

**APPLETREES PLUMBING & HEATING**

94 Appletrees, Bar Hill CB23 8SW.

City & Guilds Qualified; Gas Safe Register number: 564278.

All types of domestic plumbing, heating and gas work undertaken, including boiler installation and servicing; radiator installation and moving; heating system updating and installation; heating system cleaning and power flushing; inspection and certification; bathroom installation; appliance installation; tap repairs; toilet repairs; install and repair water storage tanks; underfloor heating.



T: 01954 789039 or 07880 366689;  
E: [info@appletrees.plumbing](mailto:info@appletrees.plumbing)  
W: [www.appletrees.plumbing](http://www.appletrees.plumbing)



— BAR HILL SCHOOL —

tel: 01954 273305; fax: 01954 273306;  
e-mail: [office@barhill.cambs.sch.uk](mailto:office@barhill.cambs.sch.uk)  
website: [www.barhillschool.co.uk](http://www.barhillschool.co.uk)



Having congratulated ourselves for achieving results at Bar Hill that were well above local, Cambridgeshire and national levels during the academic year 2015–2016, we are now looking forward in preparation for another brilliant year.

At the start of term on Monday 5th September, we welcome new challenges and even greater levels of success. We also want to welcome our new families to Bar Hill and the surrounding villages as well as families with children approaching Reception age in September 2017.

Should any parent, carer or grandparent like to visit the school with their children in order to learn about the school and make an application, please contact Mrs Lewney in the front office (details above).

Yours sincerely

*Dr Al Mistrano*, Headteacher

— BAR HILL'S GOLDEN JUBILEE —

On 24th May 1967 Bar Hill's first residents, Mr and Mrs Bob Burry and their daughter Elizabeth moved into their new bungalow at 58 Acorn Avenue. A Golden Jubilee year is being planned for 2017, from a formal dinner at the beginning of February to a 'big weekend' in October. The pivotal event of the year will be a 'bigger than ever' Fête to be held on 1st July. It is hoped to arrange a visit by a member of the Royal Family at some point during the year.

A commemorative programme will be published at the beginning of the year. This will consist of photographs of the last fifty years as well as a list of events. Village organisations, in organising their programmes for next year, are asked to think of an event or events which can be included in the programme.

If you wish for any further details, please do not hesitate to get in touch.

*Roger Hall*, Hon Chairman,

Bar Hill Residents' Association, 01954 780304

— CAMBRIDGESHIRE AGE UK —  
VOLUNTEERS NEEDED IN YOUR AREA

Have you spoken to anyone today? How would you feel if the answer today, tomorrow and the next day was no-one?

The Age-UK visiting scheme enables people in later life living near you to say "Yes – I had a visitor today". Just one hour a week of your time will help ease social isolation and loneliness.

To become one of our valued volunteer visitors, contact our helpline on 0300 666 9860.

— INTERNATIONAL LADIES —

Friday 30th September  
at Sarah Adams's

Please bring a dish of your country to share.  
[s.adams@chesterton.cambs.sch.uk](mailto:s.adams@chesterton.cambs.sch.uk)

## — CHURCH MATTERS —



Bar Hill Church belongs to several denominations, including the Church of England, the United Reformed Church, the Methodist Church, the Baptist Union and the Society of Friends. The Minister is

Charles Mather, who may be contacted on [charlesmather20@yahoo.com](mailto:charlesmather20@yahoo.com) or tel 01954 277119.

The church website is at [www.barhillchurch.org.uk](http://www.barhillchurch.org.uk) the Facebook page is at <https://facebook.com/barhillchurch> and our Twitter account is @BarHillChurch.

### SERVICES FOR SEPTEMBER

Everyone is welcome to attend our services which will be held at the following times:

- Sun. 4th 10.00am Holy Communion  
6.30pm Evening Praise Taize Service
- Sun. 11th 8.00am Holy Communion  
10.00am Morning Worship  
6.30pm Reboot Contemporary Worship
- Sun. 18th 10.00am Holy Communion  
6.30pm Evening Prayer for our streets:  
Hillcrest and Foxhollow
- Sun. 25th 10.00am Harvest All Together Worship  
6.30pm Holy Communion

Weds. 28th 10.00am Midweek Communion  
Totzone, a group for pre-school children, is available during 10.00am services.  
10.00am services are followed by tea/coffee, and there is a Traidcraft stall selling a range of fairly traded products.

### PRAYER FOR STREETS

Each month we pray for people in two streets and during September we will be praying for Hillcrest and Foxhollow. If residents have a particular prayer request for themselves or their family they are welcome to e-mail Ginny on [outreach@barhillchurch.org.uk](mailto:outreach@barhillchurch.org.uk)

### EVENT: AN EVENING WITH PRIME BRASS.

'An exceptional brass ensemble' – Classic FM.  
Saturday 24th September at 7.30pm in the Church.  
[more details on front page]

## — GROUPS FOR ADULTS —

### KNIT & NATTER

This is a long-established group which meets weekly on Thursday afternoons from 1.15–3.30pm in the Octagon. We are a friendly group who support one another and other groups who need our help. We send hats, jumpers and blankets to wherever they are needed throughout the world. We hold a number of events during the year, including outings, coffee mornings, a Christmas lunch, and 'Holiday at Home' at Easter. Everyone is very welcome, whether to knit, or just to chat and meet new friends. For more information, please contact Sue Kenchington on 01954 780260.

### BRING YOUR OWN CRAFT GROUP

The craft group is open to anyone who enjoys or would like to start knitting, crochet, card-making or any other creative crafts. We meet in the Octagon from 2.15–4.45pm one Saturday each month for a couple of hours chatting, crafting and enjoying a chance to unwind. Please bring your own craft activity and materials – refreshments are provided.

Next meeting: 24th September

Contact Wendy on 01954 782041 for more details.

### COFFEE STOP

This group is run by volunteers on Wednesdays from 10am–midday in the Bar Hill Library. Coffee, tea and biscuits are served at a modest price. We aim to provide a friendly meeting place to chat with friends old and new. The Coffee Stop is used regularly by the Bar Hill Health Walkers, and by members of the Horizon Group. We are grateful to library staff for accommodating us and would love to welcome new people to join us. We encourage everyone to borrow a library book regularly to help keep this facility available for our village. For more information, please contact Sue Kenchington on 01954 780260.

### ECO GROUP

The group meets for an hour in alternate months to think about how we, as a local community, can best use our world's resources both for our own benefit and for that of future generations. Our current project is to create a mini wildflower meadow. Volunteers are needed to help prepare the land ready for sowing in the autumn! Our next meeting takes place on 11th September in the T and T room at the Church. For further details, please contact Marguerite on [ecogroup@barhillchurch.org.uk](mailto:ecogroup@barhillchurch.org.uk)

### ART GROUP

Whether you are a complete beginner or an experienced painter, this group will give you a warm welcome. It meets on Wednesday afternoons throughout the year from 1.30–4.00pm in the Church.

Meetings are very informal, with occasional visits from tutors. If you are new to painting, materials are available to borrow to help you get started. For further information, please contact Jan Hewins on 01954 201495.

### MUSIC GROUP

This group meets at 7.30pm on most Friday evenings in the Church to practise the music for Sunday services. If you sing or play an instrument, you would be very welcome to join us. For further details, please contact Bob Chappell on [education@barhillchurch.org.uk](mailto:education@barhillchurch.org.uk)

### HOME GROUPS

Would you like an opportunity to meet with other Christians for Bible Study and Prayer? Our homegroups provide an informal but supportive environment. Our groups resume in September looking at a new theme "Fruitfulness on the Front Line".

For more information contact Bob Chappell: [education@barhillchurch.org.uk](mailto:education@barhillchurch.org.uk)

## — CHURCH MATTERS —

### — GROUPS FOR CHILDREN —

#### MESSY CHURCH

This group for pre-school and primary age children and their carers meets in the Octagon from 3.15–5.15pm on the 3rd Wednesday of each month. Each session begins with craft activities followed by a story and song on a Bible theme, and ends with a simple meal. The next Messy Church will take place on 21st September. For more information, please contact Heather at [cyp@barhillchurch.org.uk](mailto:cyp@barhillchurch.org.uk)

### — GROUPS FOR CHILDREN & YOUNG PEOPLE —

#### CAFÉ CHURCH

As an alternative to the Sunday morning service, the children and young people meet in the Octagon on the 1st and 3rd Sundays for breakfast, worship and a learning activity. Kidzone for primary school children only is on the 2nd Sunday morning in the Octagon. A crèche is also available during morning services, in the meetings room.

### — GROUPS FOR YOUNG PEOPLE —

#### REBOOT

(2nd Sunday of the month)

This informal evening service, held from 6.30–8.00pm, is for adults and young people. It begins with cake, biscuits and drinks and uses contemporary music and format.

#### CELL GROUPS

These groups of young people meet once a month to learn about the Bible and the Christian faith.

#### YOUTH SOCIALS

An opportunity to relax and play games (including Wii, Pool, Table Tennis), or themed parties on the first Sunday per month from 7.15–9.00pm in the Octagon (school year 7–8s may be collected at 8.30pm).

**FOR MORE INFORMATION** about any of these and other activities for children and/or young people, please contact Heather at [cyp@barhillchurch.org.uk](mailto:cyp@barhillchurch.org.uk)

### — GIRLGUIDING IN BAR HILL —



Rainbows (5–7yrs); Brownies (7–10yrs); Guides (10–14yrs) all meet weekly; Senior Section (15–25yrs) meet monthly. Packed with age appropriate activities for

girls to participate in and try out! If you would like to join in the fun, please e-mail us:

[gg.barhill@icloud.com](mailto:gg.barhill@icloud.com); or you can register online: <https://enquiryym.girlguiding.org.uk>.

*Sarah Rivers*, Commissioner

### THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

#### The Catholic Church serving Bar Hill Hills Road, Cambridge

Parish Priest: Rt. Rev. Mgr Eugene Canon Harkness  
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Local contact: **Bunty Waters** Tel: 01954 201421

Mon., Weds., Thurs., Friday 8am & 12.15pm

Tuesday 8am & 7.30pm

Saturday 6pm: First Mass of  
Sundays

Masses in the Parish Church in Cambridge; also 5pm at  
Cambourne and 6pm at **The Octagon**, Bar Hill.

Holydays of Obligation 8am, 10am, 7.30pm

#### Sacrament of Reconciliation

Tuesday 6.45pm (not after Mass)

Saturday 10.30–11.15am, 4.30–5.15pm,  
7.00–7.45pm

Details of other services are published in a weekly  
newsletter available at the 6pm Mass each Saturday.  
Copies are also available in the Church Centre.

### BAR HILL, A SOCIAL HISTORY, 1949–2004

by Roger Hall

A4 format, with many old photographs of  
the village, 216 pages.

Copies, price £10.00, are still available from the  
author at 11 Almond Grove, Bar Hill. Tel: 01954 780304,  
or e-mail: [roger.hall90@ntlworld.com](mailto:roger.hall90@ntlworld.com)

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*During the week we have the following groups and clubs:*

|           |                              |               |
|-----------|------------------------------|---------------|
| Monday    | Helene Jones Dance           | 4.00–8.15pm   |
|           | (school term time only)      |               |
| Tuesday   | Shotokan Karate              | 5.45–8.00pm   |
| Tuesday   | Danielle (Boot Camp)         | 8.00–9.00pm   |
| Wednesday | Helen Jones (Dance)          | 4.00–6.45pm   |
| Wednesday | Zumba                        | 7.00–8.00pm   |
| Wednesday | Pilates                      | 8.00–9.00pm   |
| Thursday  | Pilates (term time only)     | 10.00–11.00am |
| Thursday  | Weightwatchers               | 7.00–7.50pm   |
| Friday    | Stage Starz (term time only) | 5.45–6.45pm   |
| Friday    | Martial Arts                 | 7.45–9.00pm   |
| Saturday  | Sweat and Tone               | 8.00–9.00am   |
| Sunday    | Bingo (doors open 7pm)       | 7.30–9.30pm   |
|           | Cash prizes                  |               |

If you wish to book any of these facilities, or get more information, please call 01954 782414 and leave a clear message. We'll call back within 24 hours Monday–Friday); or e-mail [barhill.villagehall@btconnect.com](mailto:barhill.villagehall@btconnect.com)

## — BAR HILL SPORTS & SOCIAL CLUB —



The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles and cribbage, or enjoy a drink in our quiet lounge bar.

*What's on in September?*

|           |                                       |
|-----------|---------------------------------------|
| Sat. 3rd  | £50 members' draw                     |
| Mon. 5th  | Monthly quiz – 7.30pm                 |
| Fri. 9th  | Vocalist – Jenna – 8pm                |
| Sun. 18th | Cricket Club 30th Birthday – from 3pm |
| Fri. 23rd | Motown disco – 8pm                    |
| Sat. 24th | £50 members' draw                     |
| Mon. 26th | Monthly quiz night – 7.30pm           |

*Looking Ahead...*

|              |                                                                    |
|--------------|--------------------------------------------------------------------|
| Sat. 1 Oct.  | Vocalist – Julie                                                   |
| Sat. 8 Oct.  | £50 members' draw                                                  |
| Sat. 15 Oct. | Almost Abba in the Village Hall.                                   |
|              | Tickets available from the club; free to members; non-members: £5. |

*Not a Member?*

New members are always welcome. Join now for £10, Seniors £5. Pop in and have a look around. Please ask the bar staff for a membership form. For further information, including opening times, visit our website: [www.bhssc.org.uk](http://www.bhssc.org.uk) or tel: 01954 781881, or join us on Facebook at Bar Hill Sports & Social Club.

## — NEWSLETTER FROM HEIDI ALLEN MP —

They say a week is a long time in politics – June and July brought enough to last all year! It would be impossible not to refer to the EU Referendum; I've received an unprecedented amount of correspondence from mostly (though by no means all) disappointed and worried constituents. As I was unable to reply to everyone individually, I held public meetings in Cambourne and Duxford. Thank you to everyone who came along – videos of the meetings and information regarding constitutional issues and policy areas are on my website.

Since the result, I've had meetings with representatives from Councils, academic, science, health and agricultural sectors. Whilst we don't yet have an outline of terms of negotiation, I'm sure they will start to emerge when the House returns after Summer recess. I will continue to listen to the needs of all sectors and ensure those of South Cambridgeshire are to the fore.

On to the more light hearted duties of your constituency MP: I was delighted to be invited to pull the first pint at the Shelford Feast, part of a week-long series of fundraising events which raised an incredible amount of money – I believe they are still counting it!

Just ahead of the Summer break, I was able to visit three more schools: Stapleford, Trumpington and Guilden Morden. The hard work and commitment of teachers, parents and governors is plain to see, so I was devastated when our new Secretary of State, Justine Greening, announced that the Department for Education would delay for another year the introduction of the new Fairer Funding Formula. Although she was very clear that no local authority would receive less funding this year, I have asked officers at the County Council to digest what this will mean for us in real terms. I want to assure you that I support our schools 100% and am seeking to meet with Justine as soon as possible.

My next drop-in surgery is at Queen Edith's on 3rd September. Please see my website for details: [www.heidisouthcambs.co.uk/residents-drop-surgeries](http://www.heidisouthcambs.co.uk/residents-drop-surgeries) or do get in touch if I can help you with anything. You can contact me by phone on 01954 212707 or via e-mail at [heidi.allen.mp@parliament.uk](mailto:heidi.allen.mp@parliament.uk)

## — COMBERTON RAMBLERS CLUB —

The Comberton Ramblers Club walks on alternate Sundays starting at 10.15am. Walks are from 4–7 miles, usually ending near a public house. We are a friendly, informative group who enjoy exploring the varied countryside of the area.

New walkers are welcome to join us with [up to] two free walks. If you enjoy the walks we request that you become a member.

From 1st September 2016, our annual membership fee is £8.50; free for under 18s.

For further details, please contact Stella at:

E: [stella.ramblers@hotmail.com](mailto:stella.ramblers@hotmail.com) T: 01954 210049;

W: [www.combertonramblers.org.uk](http://www.combertonramblers.org.uk)

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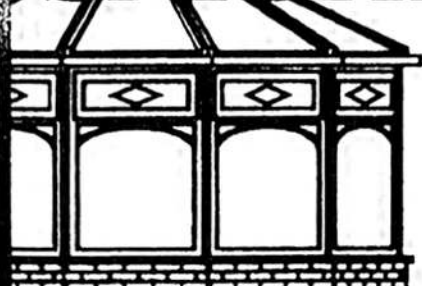
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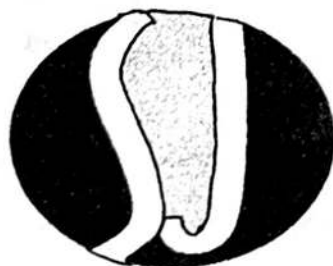
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### — FRIENDS OF THE ROSIE —



The Friends of the Rosie Hospital are helping to make the Rosie a more comfortable environment for mothers and babies. If you have any toy stuffing or yarn we are in urgent need of your donation. For up-to-the minute information follow Rosie in Stitches Facebook page.

Rosie in Stitches would like to thank all our customers at our stalls this summer. Our profit for 2016 so far is £700. You can shop with us at the Tea Bar at Rosie Hospital Outpatient Clinic Monday to Friday 9am-4pm.

If you can improve our website, organise the three large stalls per year at Addenbrooke's Outpatients, provide transport for our volunteers or display a small selection of our wares, please contact a member of the committee, details are given on our website.

Thank you for your continued support.

### — NEIGHBOURHOOD WATCH —



#### Key-safe

##### Cars

With car security becoming more sophisticated, thieves increasingly want to get hold of the actual keys to a vehicle. So it is important to keep your car keys safe:

- ⊗ don't leave them near the front door – *they could be hooked through the letter box;*
- ✓ conceal them at night – *in case anyone breaks in to your house;*
- ⊗ never leave your car engine running while you go back in the house, however briefly – *the opportunist won't take a moment;*
- ⊗ when you drive somewhere don't leave your house keys in the car – *if your car is stolen your house could be ransacked before you get home.*

##### House

- ⊗ never leave a key under an outside doormat, plant pot etc even temporarily – *someone may have seen you and even an opportunist may check around hopefully;*
- ✓ better to leave a spare key with a trusted neighbour – *but not labelled in case the neighbour gets burgled;*
- ✓ or buy a key safe to go in an outside meter cupboard or similar place – *but as with pin numbers, don't write down the code number in an obvious place;*
- ⊗ once inside a house an intruder will often first unlock a door in case they need a quick escape so do not leave keys in obvious places as burglars know where to look – *BUT keys must be readily available to you in an emergency and remember to show their location to your guests particularly if they are staying overnight;*
- ✓ similarly keep window keys near where they will be needed by you, including as an emergency exit, but not in the lock or visible from outside – *an intruder may be willing to risk the noise of breaking glass in order to unlock and open a window but is less likely to break glass if they would then have to climb in through the broken window.*

As with all safety, a little thought can save a lot of trouble.  
**Pam Vendy**, NHW Village Co-ordinator

### — MAPLE SURGERY NEWS —

Tel: 01954 780442

[www.mhmaple.co.uk](http://www.mhmaple.co.uk)

**Clinical Governance Closure** – the Surgery will be closed on Thursday 15th September from 1pm-6.30pm. In the event of an emergency, please contact 111.

**Shingles vaccinations** – from 1st September 2016, shingles vaccinations will be offered routinely to people aged 70, and, as a catch up, to those aged 78. You become eligible for the vaccine on the first day of September after your 70th or 78th birthday. Anyone eligible for immunisation in the previous three years remains eligible until their 80th birthday:

- people aged 71, 72 and 73 on 1st September 2016;
- people aged 79 on 1 September 2016.

**Early morning appointments** – we apologise but due to staff changes, the surgery will no longer offer early morning appointments. Until further notice surgery will be open Monday to Friday from 8.15am to 6.30pm.

**Free NHS health checks** – if you are between 40 and 74 years old and have not had an NHS health check in the last five years, please contact the surgery to book your check with the nurse now.

**Emergency/on the day appointments** – please remember that morning emergency/on the day appointments may be booked any weekday from 8.30am, and afternoon from 1.30pm.

**Test Results** – phone requests for blood results will only be accepted after 2pm.

**Online appointments and repeat prescription requests** – registered patients can now book GP appointments and order repeat medications on the Surgery website. Please call into the Surgery with one piece of photo ID to obtain your username and password. We can now also offer online access to coded data in patient records, please call in to the surgery for more information.

**Repeat prescriptions** – please remember to allow two clear working days for your repeat prescription requests to be processed. We are unable to accept medication requests by telephone.

*The Maple Surgery Team*

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### — BAR HILL CHILDMINDERS —

Bar Hill Childminders work as a close network of childcare professionals who offer a warm, friendly and loving home from home environment. We use the comfort of our homes as a base and can also offer your children the opportunities of day trips and range of outdoor experiences and take part in local community events and groups without being confined to one place. We offer flexibility in the hours that we work to suit you and your child's needs with village rates, rather than having set session times.

Your child will receive focused and individual attention and care as we progress them through the EYFS curriculum. Child led play as well as structured and personally thought out activities will encourage them to grow and learn at their own pace taking in to account each child's individual needs.



Before/after school and holiday care for school aged children is available and leaves the stress out of your busy mornings and evenings.

We are Ofsted registered and inspected with 'Good' and 'Outstanding' inspection outcomes and are fully insured. We have access to childcare qualifications including level 3 in childcare. You can feel safe in the knowledge that we all hold Paediatric first aid certificate.

We welcome you to join us and have an informal chat at either of our friendly & inviting 'Little Bunnies' sessions, Tuesdays (£2 per child max £3, under 1's £1) & Thursdays (£2.50 per adult under 1's £1) in the Church Octagon 9.45–11.15am term time. Here we offer a wide range of sensory experiences, activities, stories, singing and more...

Childminders: (those with current vacancies are starred)

Melanie 01954 204496\* (Tuesdays)  
Terri 07846 018714\* (from November)  
Kirsten 07906 218070  
Jacky 07718 447998\* (5+yrs)  
Kirsty 07584 168909  
Mandy 01954 204223  
Carol 01954 780238  
Karen 07930 196319\* (5+yrs school hols)  
Janine 07879 613731

### — BAR HILL CRICKET CLUB —



The highlight of the month for us was the superb batting displays by Adam Dean, Tom Yewbrey and Sam Wilson to set up a victory over Histon III.

Adam hit 64, Tom 59 not out and Sam 29 not out to steer Bar Hill to their target of 215 for the loss of only four wickets and with more

than four overs in hand – without doubt our best performance of the season. Jack Colding earlier picked up two wickets in Histon's innings.

The victory avenged a defeat by the same opposition the previous week, when Histon again batted first and were restricted to 168 for 6, with two wickets each for Nathan Dean and Phil Orvis. But Bar Hill managed only 134 in reply, despite 40 by Paul Stimpson and 28 not out, a personal best, by David Underhay.

Also this month, we were involved in a thrilling tied match against St Ives. Martin Haslop was the leading wicket-taker with three as St Ives scored 161 for 8, but Bar Hill were then bowled out for the same score, with Phil Orvis making 37. The final match of the month was away to Cambridge St Giles, and Sam Wilson's brilliant bowling spell of 4 for 24 restricted the hosts to 165 for 8 in their 40 overs. But despite Chris Howse hitting 43, including four sixes, Bar Hill could not make it past 123.

Two big events are coming up in September – including the club's 30th birthday celebration. We are inviting all current and former players and club members and their families to join us at the Sports & Social Club from 3pm on Sunday 18th September for a reunion including free food and the chance to swap 'war stories' over a drink. Anyone who has old photos of the club is asked to bring them along. Many thanks to the Sports & Social Club for their support of this event.

The previous day, Saturday 17th September, sees our annual duck race on the Cam at Newnham, starting at noon at Cambridge Canoe Club. Tickets are on sale for £2 each, with cash prizes for the top three places, including £50 for the winner. For details, call the number below or visit [www.barhillcricket.org.uk](http://www.barhillcricket.org.uk)

We are planning a race night in October – details next month. Keep an eye on our website for more information about the club.

Paul Stimpson, 01954 201212

### — BAR HILL COMMUNITY CAR SCHEME —



This scheme is aimed at the residents of Bar Hill who don't have access to a car and struggle with using public transport.

It costs only 30p per mile, with a minimum charge of £3.00 per journey. Our drivers are fully insured. Once a

journey is booked (07496 465330), a volunteer driver will collect you and take you home after your appointment. If you would like to volunteer, know of someone who would benefit from this scheme, or want to know more about it, please get in touch with Jane Johannessen, Community Development Officer, Care Network, on: T: 01954 211919; E: [jane.j@care-network.org.uk](mailto:jane.j@care-network.org.uk)

### — STORYTIME AT BAR HILL LIBRARY —

Stories and pictures, rhymes, songs and craft activities at 10.30am at Bar Hill Library

Open to children of pre-school age and their older brothers and sisters who are accompanied by an adult, Storytime offers half an hour or so of book-based enjoyment twice every month. Every time there are stories, songs and craft activities.

This free event opens up the treasure that books present and reveals what is to be gained from learning to read. There is no need to book; just come along on 10th and 24th September.

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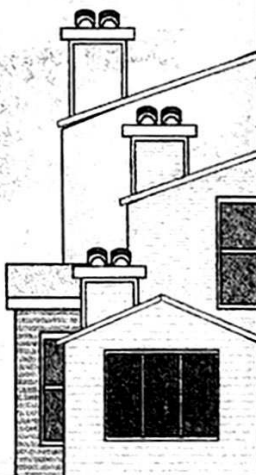
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— COUNCILLOR NOTES —

**Mental Health**

Cambridgeshire and Peterborough NHS foundation Trust (CPFT) has a Psychological Wellbeing Service which improves the availability of access to psychological therapies (APT). Residents can be referred via their GP or can self-refer via [www.cpft.nhs.uk](http://www.cpft.nhs.uk) or phone 0300 300 0055. The service provides a range of treatments from guided self-help for people with moderate mood swings and anxiety to cognitive behavioural therapy for people with moderate to severe difficulties. They also offer group therapies.

The Mental Health Vanguard Team are rolling out a Urgent and Emergency Care Vanguard Mental Health service for a year-long trial period from 19th September 2016. Website: [www.cpft.nhs.uk/about-us/mental-health-vanguard.htm](http://www.cpft.nhs.uk/about-us/mental-health-vanguard.htm). Professional mental health first responders will attend people of all ages who urgently need help with mental health problems. Calls will be answered 24 hours a day and if necessary the first responder can attend and develop an appropriate action plan. There will also be a safe place for crisis which will offer short term support. First responders will work closely with the police and a member of staff will be present at the police station at all times. CPFT also has a group who work on Mental Health interventions at work and in the community. We have introduced training across the housing sector to assist staff to manage mental health issues. This has been well attended and has helped to increase communication across the sector.

CPFT is looking at positive ways to address loneliness. This is often a pre-condition of mental illness and may be addressed within the regular communications and activities of the Council.

**Have your say on Grosvenor's and Cambridge United's plans for sporting facilities and new homes**

Local people are being urged to have their say on plans to build new sporting facilities and hundreds of new homes to on the edge of Cambridge, as well as a redevelopment of the Abbey Stadium.

Plans submitted by Grosvenor propose a sporting village and hundreds of new homes in the green belt on land between the Trumpington Park & Ride and the M11 to the south of Cambridge.

The plans include 520 homes; indoor sports hall and retail; outdoor floodlit cycling track and BMX area; floodlit all weather pitches; parking. The site is 45.58 hectares, roughly the same size as 45 football pitches.

Plans submitted at the same time for the Abbey Stadium on Newmarket Road would see the north stand redeveloped, with the east and west stands potentially being redeveloped by the club as part of future phases along with the capacity being increased to 11,000. The plans also include three buildings near to the new north stand and entrance to the site from Newmarket Road, including a new ticket office, club shop, supporters bar, hostel and student accommodation. By moving the pitch toward the South Stand there are also plans to build eight homes near the entrance from Newmarket Road.

Plans for the sporting village and homes to the south of the city are not included in the Local Plans by the two councils. They are currently being independently assessed by Government inspectors. Grosvenor has said that the sporting village and hundreds of new homes to the south of the city would finance the redevelopment of the Abbey Stadium.

This will be considered by the councils as part of the assessment of applications as they look at the benefits of the proposals against the harm to the green belt. To have your say on the planning application for the sporting village and new homes visit [www.cambs.gov.uk](http://www.cambs.gov.uk), click on the reference number S/1925/16/OL. You can also view the application by visiting [www.cambridge.gov.uk](http://www.cambridge.gov.uk), click on the planning application button, then view a planning application and use reference number 16/1376/OUT.

To comment on the Abbey Stadium proposals visit [www.cambridge.gov.uk](http://www.cambridge.gov.uk), click on the planning application button and use reference number 16/1375/OUT. Both public consultations will close on Monday 19 September. Extra time has been given by the two councils to allow for the summer holiday period.

*Please contact us if you need any information or assistance, or have any comments:*

Bunty Waters: T: 01954 201421 / 07734 690580; E: [bunty.waters@ntlworld.com](mailto:bunty.waters@ntlworld.com)

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— VILLAGE HALL —

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We offer fully flexible care between 9am-3pm, for children aged 2-5yrs and are registered for Nursery Education Funding (NEF) as well as the government scheme 'Funded 2's'. Please get in touch with Sarah or Michelle to arrange an informal visit.

The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our snack bar to discovering worms, ladybirds and other creatures that share the area at the setting. We are proud to offer many additional learning experiences for your child with regular visitors to the setting as well as exploring the community around us.

The setting is intimate and comfortable and provides a safe environment for your child to learn and develop with their peers. The indoor area has a quiet corner for reading as well as a range of toys and equipment for your child to discover. We have strong ties with the community through visits to local businesses, the library and the church.

#### Parent/Carer Partnership

From September we are introducing Online Learning Journals where each parent can follow the development of their child in words and pictures via a secure login.

Please contact us on the above telephone numbers or: [enquiries@barhillpreschool.co.uk](mailto:enquiries@barhillpreschool.co.uk)

Our setting manager as well as session allocation coordinator, Sarah, and her deputy Michele are always on hand to support you through the registration process. We look forward to meeting you and your child.

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#### SOY & HONEY CHICKEN WITH COCONUT BROWN RICE

##### Ingredients

- 4 teaspoons clear honey
- 4 teaspoons soy sauce
- 450g/1lb boneless, skinless chicken thighs
- 150g/5oz brown rice
- pinch salt
- ½ teaspoon coconut oil
- 1 tablespoon black sesame seeds
- handful fresh coriander leaves
- 1 teaspoon pumpkin seeds, chopped

##### To serve

- 1 tablespoon sesame oil
- 1 tablespoon rapeseed oil
- 2 heads of bok choy, halved

##### Method

1. In a bowl, mix together the honey and soy sauce. Add the chicken thighs and mix until completely coated.
2. Place the coated chicken thighs into a cold, deep, heavy-based saucepan. Place the pan onto a medium heat and cook until the chicken is cooked through and the honey and soy coating has thickened to a glossy glaze. *It is important to start cooking the chicken in a cold pan so the meat steams as it cooks. If the pan is hot, the honey and soy sauce will caramelise before the meat is cooked through.*
3. Meanwhile, add the rice, 300ml/10½ fl oz. water and salt to a separate pan and bring to the boil. Once the water is boiling, reduce the heat and simmer the rice, covered, until tender (about 30 minutes).
4. For the bok choy, heat the sesame and rapeseed oil in a large frying pan over a medium heat. Add the bok choy and cook for 3-5 minutes, or until the leaves have wilted.
5. When the rice is cooked, fluff it with a fork, then stir through the coconut oil, sesame seeds and coriander. Sprinkle over the chopped pumpkin seeds.
6. Spoon the rice onto serving plates and top with the chicken. Place the bok choy alongside.

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— SEPTEMBER BULLETIN —  
FROM CAMBRIDGESHIRE  
FIRE AND RESCUE SERVICE

Harvest is upon us and we're calling on local residents to help our fight against straw stack arson.

Stack fires can quickly spread and not only endanger people and livestock, but also life-long work on farms. Stacks burn very slowly meaning crews are committed for long periods of time, making them unavailable for other emergencies. Don't forget, many firefighters attending incidents like these in rural parts of our county are on-call personnel and their retention at a stack fire impacts directly upon business and services in their community.

What can you do? We're urging residents and those passing through rural areas to keep a careful watch. Do you see someone acting suspiciously around stores of hay or straw? Is there an unusual vehicle near farm buildings? Become a community member of Arson Watch and keep an eye on stacks in your area.

Report suspicious activity to police on 101, or dial 999 if you see a stack fire.

For the latest news, incidents and safety advice, or to contact us, either call 01480 444500; log on to [www.cambsfire.gov.uk](http://www.cambsfire.gov.uk); sign up to e-mail alerts; or find us on Twitter, Instagram, YouTube and Facebook.

— CAMBRIDGE PINKS —

On Sunday 9th October we will be walking the tow path from Milton to Waterbeach, if you would like to join in, e-mail me at the address below to receive your registration pack.

Breast Cancer Now's Wear It Pink event will be on Friday 21st October. You can get your participation pack from <http://wearitpink.org/signup>

Cambridge Pinks is the regional group for Breast Cancer Now. By 2050 we believe breast cancer will have taken its last life — but only if we all act now. If you would like to get involved in fundraising, or find out more about us and how your donations will be used, visit our website [www.breastcancernow.org](http://www.breastcancernow.org)

Breast Cancer Now's mission is to fund innovative world class research into breast cancer. Here in Cambridge it is funding researchers who are learning about the genetics of breast cancer and finding new genes involved.

**Avril Williams**, Cambridge Pinks — Breast Cancer Now Volunteer Group. [avril.williams1@btinternet.com](mailto:avril.williams1@btinternet.com)

Breast Cancer Now is a charity registered in England & Wales (No. 1160558) and Scotland (No. SC045584) and is a company limited by guarantee (CRN: 09347608). A list of the directors is available from the registered office: Breast Cancer Now, Fifth Floor Ibex House, 42-47 Minories, London EC3N 1DY.



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— SCAM OF THE MONTH —

Beware! Online shopping websites are being used by fraudsters to advertise non-existent items at bargain prices.

Two recent examples are:

1. **Drones** (personal flying devices that often carry cameras and can be navigated remotely by smartphones or hand-held controllers) — after a victim agrees to purchase a drone, fraudsters request payment via bank transfer saying that it will quicken the delivery process. After transferring the money the buyer never receives the drone and the fraudster blocks the victim to prevent further conversation.
2. **Cars** — after agreeing via e-mail to purchase the vehicle from the fraudsters, buyers receive e-mails purporting to be from Amazon Payments and/or Amazon Flexible Payment Service stating that their money will be held in an 'escrow account' (a third party bank account). Once happy with the purchase the e-mail indicates the money will be released to the seller, therefore offering 'buyer protection'. In reality these e-mails are fraudulent and do not come from Amazon, the accounts are controlled by fraudsters.

How to protect yourself:

- Be suspicious if a price appears to be a bargain.
  - Research companies and check feedback online by searching associated phone numbers or e-mail addresses of the seller. Feedback will give you useful information about transactions other buyers may have made.
  - Avoid paying by bank transfer. Use online payment options such as PayPal, which help to protect you.
  - Remember that Amazon does not provide an escrow/ third party account to purchase items.
  - Whenever possible, particularly for cars, meet the seller and view the vehicle before parting with any money.
- If you, or anyone you know, has been affected by fraud or any other scam, report it to Action Fraud at: [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or call 0300 123 2040.

— IF YOUR DOG COULD TALK —

- Dog: WHAT DOING?  
Owner: Nothing. I just stood up.  
Dog: WHERE GOING?  
Owner: I'm only walking five feet to get a piece of fruit from the bowl. I'm not even leaving the room.  
Dog: CAN I COME?  
Owner: Yes, if you like, but I'm only...  
Dog: I COME TOO.  
Dog: WHAT DOING?  
Owner: I need to open the door.  
Dog: I HALP.  
Owner: But you're in front of the door I want to open. Move please.  
Dog: I HALP.  
Owner: Sigh.  
Dog: WHERE GOING?  
Owner: I'm going back to the exact place I was sitting a minute ago.  
Dog: CAN I COME?  
Owner: Sure...



### — UNIVERSITY OF THE THIRD AGE —

Always wanted to pick up a new skill but didn't know where to start? Longing to get to grips with old Icelandic literature in your retirement? Maybe you have dreamed of studying philosophy? The University of the Third Age (U3A) might be your answer.

U3A is an organisation of men and women who regularly gather together to share experiences, knowledge, philosophies, values and ideas. It attracts members from all backgrounds and encourages everyone to have a go. It is a forum for the growth of the human spirit, the development of friendships and the exploration of ideas to enrich quality of life in the Third Age (retirement). Classes are built around self-help study groups, with no exams or qualifications.

U3A is run by its members. It has over 360,000 participants in more than 960 U3As around the UK. As a movement it has defied the trends of shrinking adult education classes.

There is nothing formal about the arrangements. There are no exams or certificates to achieve. Informal learning is just that: informal. You are in a convivial environment and, as such, learning is fun.

People join U3A for many reasons: it may be the next thing after retirement; the children may have grown and flown; a loved one may have passed; they may just want to 'give it a try'. Combatting loneliness is a powerful effect of joining a U3A.

U3A members come from all walks of life. As a self-help organisation we know everyone has something to contribute. Our concept of 'those who learn will teach and those who teach will learn' bears fruit in our non-judgemental attitude.

For more information about the U3A visit

[www.u3a.org.uk/](http://www.u3a.org.uk/).

[A quick look on the website shows U3As in St Ives and Cambridge. Ed]

### BAR HILL TAE KWON-DO CLUB



Tae Kwon-Do, the Korean art of self-defence, is suitable for the whole family.

Lessons are held at Bar Hill School on Mondays. Junior class (beginners' class

from 4 years old) is from 1700–1800; Junior

and Adult class 1800–1930. Sparring Classes are held on Sundays from 1000–1130. Free taster sessions.

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Newton, 07745 436806; [jason.newton@btinternet.com](mailto:jason.newton@btinternet.com)

or Sam Dethridge, 07767 697236;

[barhilltkdjuniorclass@gmail.com](mailto:barhilltkdjuniorclass@gmail.com).

Part of the Tae Kwon-Do Association of Great Britain (TAGB).

### — THE ALLOTMENT SOCIETY —



Anyone interested in renting space to grow their own produce can be put on our waiting list for membership. Please contact Rob

Lawrence, plot allocator, on 07788 590348.

All other allotment matters should be addressed to: [bhallotment@hotmail.com](mailto:bhallotment@hotmail.com)

### WILLINGHAM & LONGSTANTON

#### — SURGERIES —

Willingham Reception: 01954 260230;

Longstanton: 01954 207600; Dispensary: 01954 260073;

District Nurse Team: 01223 726469 (option 2);

Health Visitor: 01954 207612.

[www.willinghammedicalpractice.nhs.uk](http://www.willinghammedicalpractice.nhs.uk).

**Dispensary phone number and ordering times change**  
From 1st September 2016 the Dispensary the telephone number to order repeat prescriptions will change to **01954 207602**. Times the telephone is manned will also change to the following:

Monday 8.30am–1.00pm & 2.30–5.00pm

Tuesday 8.30am–1.00pm & 2.00–5.00pm

Wednesday 8.30am–1.00pm & 2.00–5.00pm

Thursday 8.30am–1.00pm closed in the afternoon

Friday 8.30am–1.00pm & 2.00–5.00pm

Don't forget you can also order your prescriptions on line – please ask our dispensary team for details of how to register for this service.

**Flu vaccinations** – will be arriving towards the end of September and we will be running special flu clinics. Please ring for details from mid-September.

**Telephone appointments** – can be booked with GPs if you don't wish to attend surgery. A lot of routine matters can be dealt with this way.

**Carers support meetings** – our Autumn carers' meetings are being held at Willingham Surgery on Wednesdays: 7th September, 12th October and 9th November.

**Informal meetings** – with tea, cake and the occasional speaker – run from 2–4pm. You can come along when it suits you and stay as long as you wish.

**Out of Hours Care** – please remember to phone Urgent Care Cambridge on 111 if you require medical attention when the surgery is closed.

**NHS Choices Website** – visit the NHS choices website at [www.nhs.uk](http://www.nhs.uk) for lots of useful health information. This is a helpful tool for reading up on health related topics, including useful fitness and healthy eating advice. If you would like weight management advice and support please phone the surgery and book an appointment with our nursing assistant Jan.

**Cambridgeshire Hearing Clinics** – will be held at Willingham Surgery on Wednesdays: 21st September and 19th October from 2–4pm. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

### COUNSELLING IN BAR HILL

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or visit [www.thecambridgecounsellor.co.uk](http://www.thecambridgecounsellor.co.uk)

### — WANTED —

Reception Class at Bar Hill School needs toys, particularly scooters and balls, but anything suitable for 5-year-olds.

Please contact Jo Hall, 11 Almond Grove;  
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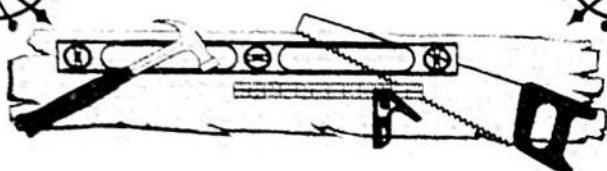
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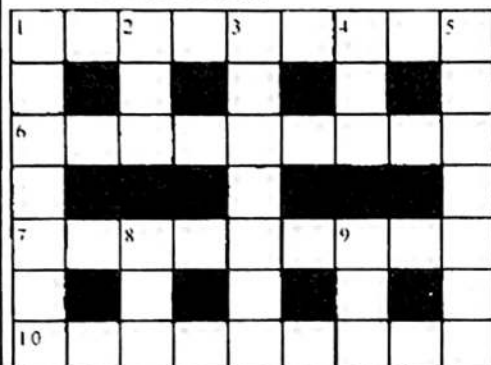
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## — SEPTEMBER CROSSWORD —

Across: 1. gymnastic, 6. Flatford artist, 7. aid to listening, 10. all the time (4,5).  
Down: 1. target sport, 2. fled, 3. meat trader, 4. large container, 5. needs ironing, 8. component of life, 9. National Farmers Union.



## SOLUTION FOR AUGUST

Across: 1. capacitor, 6. astroturf, 7. lemon sole, 10. seder dish.  
Down: 1. Charles, 2. put, 3. crooner, 4. tau, 5. refresh, 8. mad, 9. obi.

## — BIN COLLECTION DATES —

Thurs. 1st Sept. green and blue bins  
Weds. 7th Sept. black bin  
Weds. 14th Sept. green and blue bins  
Weds. 21st Sept. black bin  
Weds. 28th Sept. green and blue bins  
Weds. 5th Oct. black bin  
Weds. 12th Oct. green and blue bins  
Weds. 19th Oct. black bin  
Weds. 26th Oct. green and blue bins  
Weds. 2nd Nov. black bin

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## — USEFUL TELEPHONE NUMBERS —

|                                          |                                     |               |
|------------------------------------------|-------------------------------------|---------------|
| Out of Hours Medical Emergencies         |                                     | 111           |
| Police Non-Emergency                     |                                     | 101           |
| Allotment Society                        | Rob Lawrence                        | 07788 590348  |
| Bar Hill Church                          | Charles Mather, Minister            | 01954 277119  |
|                                          | Church office                       | 01954 206120  |
| Bar Hill School                          |                                     | 01954 273305  |
| Bar Hill Cricket Club                    | Paul Stimpson                       | 01954 201212  |
| Bar Hill Sports & Social Club            |                                     | 01954 781881  |
| Cambridge Fire & Rescue Service Helpline |                                     | 0800 917 9994 |
| Coffee Stop, Knit & Natter,              | Sue Kenchington                     | 01954 780260  |
| Holiday@Home                             |                                     |               |
| Community Car Scheme                     |                                     | 07496 465330  |
| Community Market                         | Karen Austen                        | 01954 781085  |
| Conservative Party                       | Iris Lay                            | 01954 205265  |
| County Councillor                        | Lynda Harford                       | 01954 251775  |
|                                          |                                     | 07889 131022  |
| Councillor, Parish Council,              | Bunty Waters                        | 01954 201421  |
| Residents' Association,                  |                                     | 07734 690580  |
| Bar Hill News Advertising                |                                     |               |
| Councillor, Parish Council,              | Roger Hall                          | 01954 780304  |
| Residents' Association                   |                                     |               |
| Happy Hours                              | Anne Plumb                          | 01954 780364  |
| Health Walks                             | Josephine Powell                    | 07901 558108  |
|                                          | Patricia Daniels                    | 07917 874402  |
| Heidi Allen MP                           | Office                              | 01954 212707  |
| Liberal Democrat Party                   | Andy Pellew                         | 07814 871752  |
| Library - renewals & enquiries           |                                     | 0345 0455225  |
| GP Surgeries                             | Maple                               | 01954 780442  |
|                                          | Over                                | 01954 231550  |
|                                          | Swavesey                            | 01954 230202  |
|                                          | Longstanton                         | 01954 207600  |
|                                          | Willingham                          | 01954 260230  |
|                                          | Willingham & Longstanton Dispensary | 01954 260073  |
| Neighbourhood Watch                      | Pam Vendy                           | 01954 201001  |
| Over Day Centre                          | Sarah Peck, Manager                 | 01954 231807  |
| Parish Council Office                    | Sue Bell, Parish Clerk              | 01954 780456  |
| Post Office                              |                                     | 01954 789285  |
| Pre-School                               |                                     | 01954 782892  |
| Royal British Legion,                    | Wendy Arrowsmith                    | 01954 781381  |
| Health & Wellbeing at Tesco              |                                     |               |
| Samaritans                               |                                     | 01223 364455  |
| Swavesey Village College                 |                                     | 01954 230366  |

Did you know? Apples are more effective at waking you up than coffee?

## — SEPTEMBER PUZZLE —

Form nine, nine letter instruments in alphabetical order.

|   |   |   |   |   |   |   |   |   |  |  |   |   |   |   |   |  |  |
|---|---|---|---|---|---|---|---|---|--|--|---|---|---|---|---|--|--|
| A | P | H | I | G | R | O | S | C |  |  |   | A | R | A |   |  |  |
| A | P | H | L | O | G | P | Y | R |  |  | R |   |   |   | A |  |  |
| A | P | H | M | E | G | S | E | R |  |  | N |   |   |   | S |  |  |
| A | P | P | O | G | R | T | E | R |  |  | S |   |   |   | T |  |  |
| A | R | A | O | M | E | T | E | R |  |  |   | O | M | E |   |  |  |
| B | A | R | O | M | E | T | E | R |  |  | G |   |   |   | O |  |  |
| C | O | N | O | N | E | T | M | E |  |  | T |   |   |   | A |  |  |
| D | E | N | O | P | E | T | U | S |  |  | R |   |   |   | O |  |  |
| G | A | S | O | P | T | V | O | L |  |  |   | T | M | E |   |  |  |

Solution for July: ALIGNMENT, BATTERIES, COACHWORK, CONDENSER, DIVERSION, LUBRICATE, PASSENGER, TAXIMETER AND UNDERPASS.

## RESIDENTS' ASSOCIATION



Interested persons are always welcome at Residents' Association

meetings.

They are usually held on the first Tuesday of the month at 8pm in the Parish Council office.

The next meeting is on 4th October.

## — EVENTS CALENDAR —

| date         | event                                              | where                   | time         |
|--------------|----------------------------------------------------|-------------------------|--------------|
| 1 September  | NWR – it's all relative (page 3)                   |                         | 8pm          |
| 1 September  | 8 O'clock Club enrolment evening (page 4)          | Bar Hill School         | 8pm          |
| 3 September  | Community Market (page 3)                          | Octagon                 | 10.30am–2pm  |
| 5 September  | 'Sing It Out' restarts (page 1)                    | Octagon                 | 7.30–8.30pm  |
| 5 September  | Monthly Quiz, Social Club (page 8)                 | BHSSC                   | 7.30pm       |
| 9 September  | Pamper Evening (page 1)                            | Bar Hill School         | from 6.45pm  |
| 9 September  | Vocalist JENNA, Social Club (page 8)               | BHSSC                   | 8pm          |
| 10 September | Over Village Market                                | Over                    | 10am–12.30pm |
| 15 September | NWR – 1970's (page 3)                              |                         | 8pm          |
| 16 September | Motown Night (page 1)                              | Over Community Centre   | 7.30pm       |
| 18 September | Bar Hill Cricket Club 30th Birthday (page 1, 16)   | BHSSC                   | 3pm          |
| 19 September | PTA AGM (no other information)                     | Studio, Bar Hill School | 7.30pm       |
| 23 September | Motown Disco, Social Club (page 8)                 | BHSSC                   | 8pm          |
| 24 September | 1st Bar Hill Scout Group JUMBLE SALE (page 1)      | Village Hall            | 12–2pm       |
| 24 September | An evening with Prime Brass (page 1)               | Church                  | 7.30pm       |
| 26 September | Monthly Quiz, Social Club (page 8)                 | BHSSC                   | 7.30pm       |
| 29 September | NWR – history of china and porcelain (page 3)      |                         | 8pm          |
| 1 October    | A14 Improvement Scheme Exhibition (page 1)         | Village Hall            | 10am–4pm     |
| 6 October    | 8 O'clock Club – living with a motor home (page 4) | Bar Hill School         | 8pm          |
| 7 October    | Fundraising Quiz Night (page 1)                    | Over Day Centre         | 7.30pm       |
| 8 October    | Norfolk in Focus – photography workshop (page 21)  | Norfolk                 |              |

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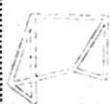
### — BAR HILL BOOK CLUB —

Our next meeting is on Tuesday 20th September at 7pm in the Fox, Bar Hill.

Please join our friendly group, we offer a lovely welcome, good company and great book choices.

Contact: [sheilafrarrar@hotmail.co.uk](mailto:sheilafrarrar@hotmail.co.uk)

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### OVER VILLAGE MARKET

Local produce, Crafts & Artisans on the Green

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Linger for a chat, or stop for a cuppa.

The Village Market is held on Saturday mornings approximately every 6 weeks.

Our 2016 dates (10am–12.30pm) are:

• 10th September • 15th October • 26th November •

Facebook: [OverVillageMarket](https://www.facebook.com/OverVillageMarket)

Stallholder info: [OverVillageMarket.co.uk](http://OverVillageMarket.co.uk)

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